



HEALTHY HABITS

Week of: _____

healthy habits:	m	t	w	t	f	s	s

healthy habits:	m	t	w	t	f	s	s

healthy habits:	m	t	w	t	f	s	s

healthy habits:	m	t	w	t	f	s	s

healthy habits:	m	t	w	t	f	s	s

healthy habits:	m	t	w	t	f	s	s

healthy habits:	m	t	w	t	f	s	s

healthy habits:	m	t	w	t	f	s	s

healthy habits:	m	t	w	t	f	s	s

healthy habits:	m	t	w	t	f	s	s